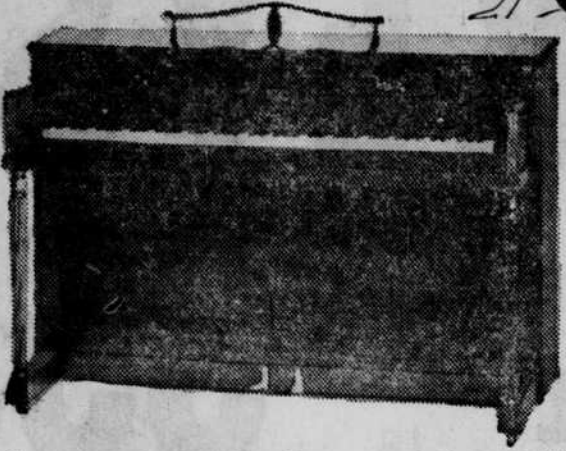


MAKE IT A MUSICAL CHRISTMAS FOR A HAPPY NEW YEAR

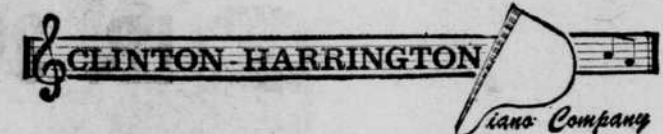
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LIFE BEGINS AT FORTY

By Robert Peterson



Most vegetarians are regarded by physicians as being a bit peculiar. But a man generally acclaimed as one of the world's greatest physicians is not only a vegetarian but a respected member of the American Medical Association.

He's 81-year-old Dr. Harry Willis Miller who as a young man was physician to such big names as Alexander Graham Bell, William Jennings Bryan and Woodrow Wilson. Later, he was head of Washington Sanitarium in the Nation's Capitol, and then for the next 30 years was a medical missionary to China.

During his brilliant years in the Orient he developed soy milk as a satisfactory substitute for animal milk, and won an international reputation as the world's foremost thyroid surgeon. These days you'll find him working 10 and 12 hours a day as a medical consultant and lecturer here and in the Far East.

"Do you really believe vegetarians enjoy better health than us meat eaters?" I asked this famed physician when I

met him in New York City recently.

"Yes, I do," he replied firmly. "The evidence isn't fully conclusive, but it's accumulating rapidly. The most significant evidence is that assembled recently by the US Public Health Office in its study of the health records of approximately 10,000 Adventists—most of whom are vegetarians.

"The evidence was conclusive in showing that Adventists suffer approximately 50% less heart disease than the general public.

I happen to be an Adventist myself, and am well aware that those of my faith spurn alcohol, tobacco, coffee and tea and practice moderation in all things. These factors probably influence the low incidence of heart disease, but I think the absence of meat in our diets has a great deal to do with it, too."

I asked about his personal diet. "For breakfast I have either oatmeal or cracked wheat, served with fat-free milk and some whole wheat

toast with perhaps some jelly. For luncheon I have a meatless steak or cutlet and soy milk beverage, which gives me the protein I need. In the evening I have vegetable soup, toast, fruits, and a decaffeinated hot drink."

His reference to "meatless steak" aroused my curiosity, and he explained that this culinary paradox does indeed exist. I have since learned from other sources that Dr. Miller is one of the real pioneers in vegetable food processing having developed in Arlington, Calif. — at the age of 70 — one of the world's first food processing firms for making meatless steaks, chops and cutlets from vegetable products.

"I'm in firm agreement with those who say people do not die — they kill themselves," concluded the good doctor.

"Over the years I've encountered countless patients in hospitals all over the world who had, in my opinion, created their own physical wreckage by eating too much rich, fatty food and by failing to get enough rest and mild exercise."

Dr. Miller — tall, erect, alert, and in vibrant physical trim — is a splendid advertisement for the soundness of his health and nutrition habits. Most of his contemporaries have long since turned their backs on purposeful work and retired to their rockers. But octogenarian Miller left the States yesterday on a jet bound for Hong Kong where he will spend two months supervising

Mrs. Mary Dailey feted at shower at Gautier home

Mrs. Mary Dailey of Bayou Road, Gautier, was honored Thursday at a pink and blue shower at the home of Mrs. Lola Dailey.

The living room and dining room were decorated with autumn flowers in dried arrangements.

A white linen cloth with appliqued yellow flowers and centered by an arrangement of yellow chrysanthemums covered the table.

Gifts were placed in a decorated bassinet and presented Mrs. Dailey.

Hostesses were Mesdames Winnie Hastings and Mamie Gayner.

Guests were Mesdames M. C. Cranford, N. C. Hamilton and Honeel Jones of Hurley and Mesdames Jean Thomas, Dussie Bryant, Charles Patrick and Kristine Austin.

Party on Friday for Mrs. Coakley held in Pas home

Mrs. Charles Coakley was honored at a pink and blue shower Friday by Mesdames Walter Lee Pol and Hammett Stapleton in the Pol home at 122 Whitmore Street in Pascagoula.

The color scheme was carried out in refreshments of a pink cake with blue decorations.

Blue tapers in white milk glass candelabra offset the centerpiece. A blue punch was served with dessert.

An arrangement of pink roses was on the coffee table in the reception room.

Winners at games were Mesdames John Godfrey and Jimmy Smith.

Pas Lions club signs 2 members at luncheon meet

Oliver Hunnings and J. Wendell Lee were approved for membership in the Pascagoula Lions Club during the group's weekly luncheon at Cotita's. Erik Harkey was introduced as the new Junior Lion from OLV.

President Harold Jones announced that the club-sponsored Pancake Day was highly successful and would be an annual event.

construction of a new hospital.

If you would like a booklet "Basic Health Rules for Older People" write to this column c/o the Chronicle enclosing a stamped, self-addressed envelope and 10 cents to cover handling costs.

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THAT'S A FACT

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Crafts program begins Tuesday at Point center

A special Christmas crafts program will be held at Moss Point Community Center each Tuesday according to Tom Kindred, recreation director. Classes are scheduled from 9:30 a.m. to noon and will

continue through Dec. 19. Instructions will be given free of charge in, honey cone candles, tooth pick Christmas trees, feather Christmas trees, tube and music glitter decorations, frosty pine decoration, jewelry work, copper tooling and wooden toy decoration. Adults living in the Moss Point area may participate, Kindred said.



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In bringing the newcomer into your store to pick up the gift, we are bringing you foot traffic which, combined with alert sales-people, means opportunities for current sales on fast-moving items. Once she accepts your gift, she will probably return sooner or later to buy from you. FOR FURTHER INFORMATION, CALL MRS. WANDA TAYLOR — DIAL SO 2-2392, 1414 TYLER ST.

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670 x 15	\$5.95*	\$6.95*
710 x 15	\$7.95*	\$7.95*
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SIZE	BLACK	WHITE
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710 x 15	\$13.95*	\$16.95*
760 x 15	\$15.95*	\$18.95*

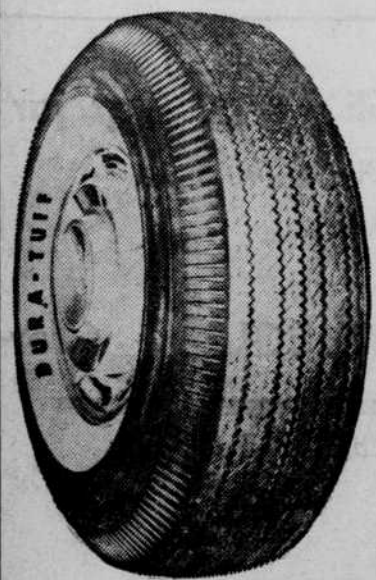
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850 x 14	\$ 8.95*	\$ 9.95*
900 x 14	\$ 9.95*	\$10.95*
650 x 13	\$ 7.95*	\$ 8.95*
670 x 15	\$ 6.95*	\$ 7.95*
710 x 15	\$ 8.95*	\$ 8.95*
760 x 15	\$ 9.95*	\$ 9.95*
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650 x 13	\$17.95*	\$21.95*

SIZE	BLACK	WHITE
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